HQMC Safety Division

101 Critical Days of Summer

Summer is almost upon us and it is, once again, time for the

Summer Safety Campaign. The 101 critical days of summer

begins on Memorial Day weekend and ends after Labor Day.

This is, of course, the largest vacation period of the year. The

sun is shining and people are out swimming, boating, visiting

family and friends far away, playing and having a good time.

It’s also a time of partying, drinking, staying awake

BOATING SAFETY

Operating a boat requires concentrated skill and a keen sense of awareness in the

boat and on water. A clear head and a responsible outlook are necessary to make a

day on the water as smooth and as safe as possible. If small boat enthusiasts

observe the following rules, they will be nautical miles ahead in personal fun and

safety.

1. Know your boat - what
2. Don’t overload - check apacity plate.
3. Keep a good lookout ar f other boats and objects
4. Operate at safe and le speeds, watch your wake.

Boating Safety Continued

6. Take sufficient fuel in proper containers. Know your cruising radius.
7. Keep your boat shipshape; check safety equipment.
8. Take necessary equipment such as fire extinguishers and personal flotation devices.

9. Secure the boat properly. Stow loose objects.
10. Learn boating laws and obey them.
11. Never operate a boat while intoxicated.

Check local and state laws that pertain to your area for additional requirements.

For a list of individual state laws, go to: **http://www.boatsafe.com/nauticalknowhow/stateregs.htm**

Drinking Afloat: More Dangerous Than Driving

Research has shown that as little as four hours' exposure to sun, wind, glare, vibration, and other motion on the water produces "boater's hypnosis," a kind of fatigue that slows reaction time almost as much as if a person were drunk.

Alcohol can affect your judgement, motor skills, peripheral vision, depth perception, night vision, and balance. "Tipsy" people on an unstable, moving platform like a boat run the risk of slipping on deck, stumbling down a gangway, or falling overboard. In the event of a fall overboard, alcohol may increase risk of cardiac arrest and will certainly reduce your body's ability to stay warm in cold water. It is a well-established fact that with the very first drink, brain functions are depressed. That's why boaters should think *before* they drink

SWIMMING SAFETY

1. Know and observe your swimming limitations and capabilities.

2. Avoid swift-moving water. If caught in a current, swim with it and angle towards shore or the edge of the current until you reach safety.

3. Always swim with a partner.

4. Observe warning signs.

5. Stay out of the water during thunderstorms and severe weather.

6. Never swim when you are tired, under the influence of alcohol, drugs, or medication.

7. Never allow young children to swim without adult supervision.

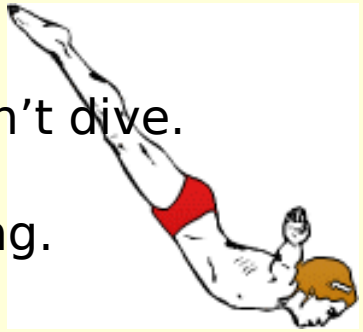
Swimming Safety Cont.

Pool Safety

- Use an approved safety cover and keep the pool covered when not in use.
- Fence in pool.
- Never allow children access to the pool without adult supervision.

Diving Safety

- Always test water depth before diving.
- If you are unable to see below the water's surface, don't dive.
- Keep your arms extended above your head when diving.



HEAT INJURY PREVENTION

HEAT CRAMPS

Symptoms: Muscle spasms usually in the legs or abdomen.

-Get the victim out of the heat if possible, at least into the shade.

-Give the victim water!

-Once the cramps subside the victim is able to resume whatever they were doing but will need to take it easy and be closely monitored.

-Remember to drink water

-HEAT EXHAUSTION

Symptoms : headache, nausea, dizziness, weakness, and cool, clammy skin.

- Get the victim out of heat, loosen clothing and apply cool wet towels or pour cool water over the victims head.

- Have the victim drink water, be sure not to gulp the water, this could cause vomiting.

HEAT INJ PREV CONT.

HEAT STROKE

This is not a common heat illness but it can happen if the symptoms of heat exhaustion are ignored. It is a serious medical emergency that needs immediate medical attention. It can lead to death if quick action is not taken.

Symptoms:

- red, hot and dry skin

- rapid but weak pulse

- rapid but shallow breathing.

Treatment or heat stroke: call ambulance immediately, lie the victim down and cool the body down.

VACATION SAFETY PREP

- Safety check your vehicle:
- Oil
- Brakes
- Tires
- Water
- Steering Fluid
- Windshield Wipers

Other Items:

First Aid Kit

Blankets

Extra Clothes

FIREWORKS & BARBQUES

Never allow children to play with or ignite fireworks

Read and follow all warnings and instructions

Be sure other people are out of range before lighting fireworks.

Only light fireworks on a smooth, flat surface away from the house, dry leaves, and flammable materials.

Never try to relight fireworks that have not fully functioned.

Keep a bucket of water in case of a malfunction or fire.

- Place grill in well-ventilated area and away from children's play area.
- Wear tight fitting clothing.
- Stand up wind when lighting the fire.
- Do not use flammable liquids to start the fire or to relight the coals.
- Be in attendance at all times.

SPORTS INJURY PREVENTION

Warm Up and Stretch before playing any sport.

Ensure you are physically able to play – see your physician for periodic physicals. Don’t participate in a sporting event without a physician’s release if you’ve had a sports injury that required medical attention.

Make sure to wear all proper protective equipment required by the sport:

Shoulder, elbow, knee pads and helmet for football.

Helmets with faceguards for baseball; for catcher

CHILD PASSENGER SAFETY

Infants under 1 year and less than 20 lbs. face rear only.

Infants less than 1 year, over 20 lbs. ride in a seat approved for heavier infants rear facing.

Child over 1 and at least 20 lbs. faces the front

Belt-positioning booster is used with both lap and shoulder belts

Auto booster seats are for children who have outgrown safety seats, at about 40 pounds

Ensure all buckles and straps are secure.

PLAYGROUND SAFETY

Ensure children take off their bicycle helmets when playing on the playground equipment.

Ensure there is soft surfacing underneath the playground equipment.

Ensure children are sitting down while swinging. Have them slow down before they get off of a swing. Do not let them walk near someone else who is swinging.

Ensure children use both hands when using climbers. Ensure they only climb on dry equipment to prevent them from falling.

Never let your child climb up the front of the slide as they may get hit by another child sliding down. Ensure your child slides down feet first. Ensure children slide down one at a time to avoid a pile up.

SKATES, SKATEBOARDS AND SCOOTERS

- **Wear a helmet, elbow pads, knee pads, wrist guards and gloves.**

- **Learn to stop safely.**

- **Skate and scooter on smooth, paved surfaces without any traffic.**

- **Avoid skating riding scooters at night.**

BICYCLE SAFETY

- Remember to use arm and hand signals.

- Ride with traffic, not against it.

- Always wear an approved bicycle helmet.

- Avoid riding at night, if possible. If you must ride at night, install front and rear lights on your bicycle and wear reflective clothing

OFF ROAD VEHICLES

Children and young people under the age of 16 should not ride adult ATVs (with engines bigger than 90 cubic centimeters).

Take a hands on training course.

Always wear an approved helmet.

Never drive ATV on paved roads.

Never drive ATV while under the influence of drugs or alcohol.

Never drive ATV with a passenger, and never ride as a passenger.

WALKING, JOGGING

Warm up exercise prior to walk, run, jog or cycle.

Jog, run or walk on sidewalks facing traffic Exercise caution when jogging, running or walking across a street.

Choose good shoes for jogging, walking or running

Use loose clothing with light colors. In the evening use reflective clothing.

Drink plenty of fluids before and during walk, jog, or run. Avoid icy water while jogging, walking, or running.

Watch for signs of heat stroke in hot weather.

Jog, run or walk in familiar area, and carry a whistle.

Allow a cool down period.

YOU DRINK & DRIVE YOU LOSE

Impaired driving is one of the most often committed crimes, randomly killing someone in America every 30 minutes and 40 people a day. That means you, your family or friends are just as likely to be innocent victims

The National Highway Traffic Safety Administration (NHTSA) estimates that alcohol-related fatalities rose slightly from 17,400 in 2001 to 17,419 in 2002

Every year 1.5 million impaired drivers are arrested yet only one arrest is made for every 772 occurrences of driving under the influence of alcohol or drugs

Repeat offenders account for a high number of alcohol-related crashes.

America is at a crucial point where we must all do more as communities and as individuals if we are to make significant declines